



BYE WEEKEND EVENTS
AND CORNISH TRAILS



UDR 24+1



SATURDAY 30TH & SUNDAY 31ST OCTOBER 2021

OFFICIAL EVENT GUIDE



GENO CRAWFORD (Photo by Sally Galsworthy)



est. 1969



Permit No: ARC 21/304





The United Downs Raceway near St Day, Cornwall is scheduled to close on October 31st 2021 (Event day!).

60 years after it was originally a Go Kart track, and more than 50 years after it first staged stock car racing, Cornwall Council want it to close.

It is going to be replaced by a rum cask maturation biome, geothermal energy centre; visitor centre including ancillary shop and café, and a bar. This is the first phase of a process which aims to progress on to a distillery and further development of the site in the years ahead.

After more than 60 years of stock car racing in Cornwall, the county will no longer have a circuit. Cornwall has been the breeding ground for Stock Car World Champions such as Johnny Marquand, Dave Brown, Colin Higman and Billy Batten, not to mention the former Banger World Champion Dave Spooner.

Are Cornwall Council prepared to be the governing authority that oversees the death of stock car racing in the county?

Make your voice heard. By signing the petition, you are supporting the stance that the United Downs Raceway must remain a venue for motor sports and the local community.

Find out more about this historical circuit later in the guide.

SIGN THE PETITION @

[Change.org/p/cornwall-council-save-united-downs-raceway](https://change.org/p/cornwall-council-save-united-downs-raceway)



WELCOME



Welcome to the 'United Downs 24, 12 and 6' event at United Downs Raceway. Actually it's 25, 13 and 7 hours as the clocks go back whilst the event is active, meaning you'll get value for money and will be running for an extra hour. Think of it as a gift from me to you!

Your chosen timed event consists of multiple laps from start to finish. Each lap consists of a loop within a loop!

Loop 1 is the short oval circuit of the raceway which runs clockwise.

Loop 2 is the surrounding seating area behind the catch-fencing that goes around the circuit. This runs anti-clockwise and has tight and narrow corners, so be careful negotiating them.

Each lap is an average of 0.5 miles. (Adjusted for safety from 0.48 originally).

This will be the first and only time that this event will be held and it will very much be in the manner of our previous 'Madness of King George' event, which some of you will have experienced.

I would like to take this opportunity to thank all of the runners who have entered and supported this event, and those who still continue to support us as people and as a business. Thank you to those amazing marshals also.

A massive thank you to the legend that is Crispen Rosevear of United Downs Raceway who has backed this event and let us take over his circuit on the final track day ever! Total superstar!

This event will be fully marked, fully supported and will be one of the toughest events you'll do of a lap nature. It comprises a 50/50 mix of terrain, as one half of the lap is on tarmac and the other half is on gravel and rocky path, with lumpy grass and seating that needs negotiating. Be warned though, that this event has rules that you must stick to throughout (more to follow).

The event has first aid cover thanks to our qualified first aiders. Usually we would have Omega Medical, but to hire them for 24 hours it wouldn't be financially viable once you take the costs out for everything else. But fear not, you are in safe hands and we will have a medical tent and that all-important and much needed massage cover.

Please take this moment to read this guide carefully and thoroughly before asking any questions.

We look forward to seeing you on Halloween weekend 2021.

Oll an gwella!



HISTORY...

The United Downs Raceway is situated to the south east of St Day, on the road between Crofthandy and Frogpool, Cornwall.

The site is sometimes referred to as the 'Blackman Site', noting its connection to Blackman Construction Ltd.

Originally there was a kart circuit here, which had opened in the early 1960s. Stock Car racing was introduced in 1969, and the first ever race meeting took place on Sunday 24th August.

Trevor Redmond's 'Autospeed' promotion ran the Stock Car, Hot Rod and Banger racing at the United Downs Raceway until 1980. During that period, there was racing on Thursday evenings in 1976 and 1977, whilst the circuit's most prominent fixture was the BriSCA F2 Grand National Championship which was contested on 19th September 1976.

When the Cornish Stadium, St Austell closed in August 1987, the newly formed Monarch Promotions reintroduced Banger racing to the United Downs Raceway.

During the three seasons 1996 to 1998 inclusive, Monarch Promotions facilitated a small number of national Stock Car racing events as promoted by Autospeed, which included summer time racing on Tuesday evenings in 1996.

On New Year's Day 2001 Autospeed resumed full control of the circuit. They embarked on a continued programme of improving the aesthetics of the site, by re-profiling the infield, replacement of the safety fence, and resurfacing of the bumpy track which had fallen into a state of disrepair.

In 2003, the World Championship qualifying round for BriSCA F2 Stock Cars has been boosted by sponsorship from Neil Truran Motorsport. No other World Championship qualifying round in the UK boasts such an array of commemorative mementoes and wonderful prizes (Just like Bys Vyken Events). Throughout the years, the reigning World Champion has always been invited to race at the World Championship qualifying round at the United Downs Raceway, including Barry Goldin from Lancashire, Gordon Moodie and George MacMillan Jnr from Scotland, Ian Thompson Jnr from Northern Ireland, Micky Brennan from Nelson in the north west of England and Mark Simpson from Skegness, Lincolnshire.

In 2004, the United Downs Raceway staged a round of the Florida Flyer series, where the winner of the competition won a flight to Florida. The series gained great coverage in the Stock Car racing world, particularly the round at St Day on 1 August 2004, which featured a Scotsman (Graham Kelly), a Welshman (Chris Love), a Northern Irishman (Graham Fegan) and many Englishman.

For the start of the 2005 season, the 'big bank' was created; the reasons being threefold. Firstly, this was to create a larger pit area; secondly to offer race-goers an unrivalled viewing opportunity; and thirdly to assist in creating a barrier to the noise of the racing.

On 3 July 2005, the United Downs Raceway staged its 100th BriSCA F2 Stock Car meeting, and more than 20 past and present drivers were in attendance to reflect on the nostalgia of the occasion.

In 2006, the Taiya Densham Shield was first raced for, in memory of the nine year old girl who lost her life to leukaemia. The annual race has resulted in some charity fund raising and since 2006, an assortment of charities have benefitted from money raised on the day of the Taiya Densham Shield race, including Fal Fibro Friends and Little Harbour.

The feature event of 2009 came on 5th July, when 65 BriSCA F2 Stock Car drivers raced – the highest ever number in the history of the United Downs Raceway. The event was a World Championship qualifying round which linked with a further round at the now defunct track at Retallack Park, St Columb two days later on the Tuesday evening, and on to Wednesday night's World Championship qualifying round at Smeatharpe Stadium, near Honiton. With scores of drivers and race-goers having travelled from various parts of the UK, the camp sites in Cornwall received an early summer season boost.

Since 2010, the annual Cornish Caravan Chaos race has been staged in conjunction with Handstand – The Appeal For Marshall Janson; the courageous Cornish youngster who had both his hands and both his legs amputated shortly after his first birthday (in December 2008), following an attack of Meningococcal Meningitis. Each year, Marshall has attended the Cornish Caravan Chaos event, and presented the Marshall Janson Award shield to the race winner.

After ten years of an annual Bus and Coach racing event, Trucks and Lorries raced at the United Downs Raceway for the first time on 24th May 2015. The incredible event even featured Steve Williams scoring a race win in a refuse lorry! The annual Trucks and Lorries event is now one of the most popular at the circuit each year.

In 2017, the United Downs Raceway hosted the final of the £2000 Zetec Challenge for BriSCA F2 Stock Cars, which was the richest ever Stock Car meeting in Cornwall.

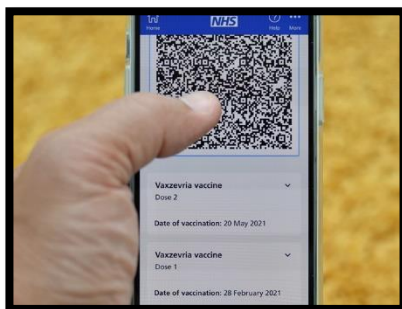
The 2019 season carried huge significance, as it marked 50 years since Stock Car racing first took place at the United Downs Raceway. On Easter Sunday, race fans remembered and celebrated the enormous contribution made by Mike May of Monarch Promotions, with a special memorial meeting after Mike had passed away earlier in the year. The circuit's 200th BriSCA F2 Stock Car meeting was contested in the summer of 2019, and in August, it will finally played host to the World Championship Semi Finals meeting for BriSCA F2 Stock Cars. After years and years of lobbying by promoters Autospeed, this highly prestigious event on the Stock Car racing calendar was allocated to Cornwall. There had not been a World Championship Semi Final in the county since 1985. Each of the 56 qualifiers for the two Semi Final races were presented with a stained glass style engine house as a memento for their efforts, in deference to the track's location, situated as it is on the site of the Ale & Cakes mine – part of the wider World Heritage site. Scottish ace Gordon Moodie and Cornish star Ben Borthwick were the winners of the respective Semi Final races. This underlined the nationwide appeal of Stock Car racing, as members of the racing community from as far away as Arberlour in the north of Scotland converged on the Cornish venue.



EVENT SCHEDULE

IDENTIFICATION (PHOTO ID ACCEPTED ONLY AND NO COPIES) WILL BE REQUIRED, AS WILL PROOF OF A NEGATIVE LATERAL FLOW TEST OR PROOF OF A DOUBLE VACCINATION. YOU CAN OBTAIN PROOF ON YOUR NHS APP. PLEASE SCREENSHOT YOUR PROOF AND BRING IT WITH YOU TO GO ALONG WITH YOUR METHOD OF PHOTO IDENTIFICATION. PLEASE HAVE THIS READY AS IT WILL SPEED UP THE REGISTRATION PROCESS AS YOU ARE TO BE KIT CHECKED AFTER.

THESE TIMES BELOW ARE IMPORTANT. MAKE A NOTE OF THEM!



24 (25) HOUR EVENT

- **REGISTRATION & KIT CHECK: 6:30AM – 7:30AM (SAT 30TH OCTOBER)**
 - **SAFETY BRIEFING: 7:40AM (SAT 30TH OCTOBER)**
 - **RACE START: 8AM ON THE DOT (SAT 30TH OCTOBER)**
 - **RACE FINISH: 8AM (SUN 31ST OCTOBER)**

12 (13) HOUR EVENT

- **REGISTRATION & KIT CHECK: 6:30PM – 7:30PM (SAT 30TH OCTOBER)**
 - **SAFETY BRIEFING: 7:40PM (SAT 30TH OCTOBER)**
 - **RACE START: 8PM ON THE DOT (SAT 30TH OCTOBER)**
 - **RACE FINISH: 8AM (SUN 31ST OCTOBER)**

6 (7) HOUR EVENT

- **REGISTRATION & KIT CHECK: 11:30PM – 12:30AM (SAT 30TH/SUN 31ST OCTOBER)**
 - **SAFETY BRIEFING: 12:40AM (SUN 31ST OCTOBER)**
 - **RACE START: 1AM ON THE DOT (SUN 31ST OCTOBER)**
 - **RACE FINISH: 8AM (SUN 31ST OCTOBER)**

PRESENTATION FOR ALL: 8:30AM (SUN 31ST OCTOBER)

MEDALS AND TROPHIES WILL BE HANDED OUT AS A PRESENTATION ONCE ALL 3 EVENTS ARE COMPLETE, IN THE STYLE OF THE FORMER 'MADNESS OF KING GEORGE' EVENT.

SITE CLOSES AT 9:30AM DUE TO AN AUTOSPEED EVENT TAKING PLACE

THE 12 & 6 HOUR ENTRANTS CAN REGISTER AT THE SAME TIME AS THE 24 PARTICIPANTS ALSO. PLEASE DON NOT FORGET YOUR KIT.

PARTICIPANT WELLNESS

If you are unwell on race day then don't run. Do not turn up if you've experienced any symptoms of Covid-19 in the 14 days before race day, or been in contact with anyone showing symptoms in those 14 days either. If you have been told to isolate and haven't been double vaccinated then don't show up.

Dress for the weather. There is a mandatory kit list you'll have to carry and one item missing means you won't be running. It's important that you don't put that to the test. That shit doesn't work with the RD. No reach-around in the world will get the RD to pass you without the correct kit. Bring the right gear for after the race also. You can get cold if you stand around too long after you've finished.

There will be space for a spare kit box on the course. For everything you need during the event there is space in a designated area to leave it. This will be signed and marked as 'BAG DROP'. For everything you need post-race, you'll need to leave this in your vehicle. The designated area is for gear that you'll need during the event.

Please remember, there are no entries on the day.

YOU WILL BE ASKED TO PRODUCE IDENTIFICATION. People sometimes run in other people's name. Please don't do this. It's for your own safety. If we don't know who you are and you don't have ID then you won't be running. Imagine having a heart attack and nobody knowing who you are. It could save your life. There is space on the back of the numbers to write down **ALL** of your info. Makes it easier to identify you if you do happen to fall ill or perish on the route. Race director numbers are on the backs of the race bibs.

There are 2 aid stations on the route. One will be a hut for hot food which is the registration and kit check area. There is also another aid station purely for water and cold snacks etc. We'll try to have items that meet specific dietary requirements but you may want to think about taking your own food if you have specific needs. Never race with any food that you haven't trained with. If you are considering going against that idea then you may want to pack a shit kit!

There will also be your own bag drop station (details to follow).

When you approach the aid stations you must wear a face covering. A snood/Buf will count. You'll need to use hand sanitiser when/if taking anything from the tables (will be provided), and you'll be instructed to maintain a safe distance away from each other when doing so, especially when waiting to grab food and/or hydration. Your food will still be in packaging and it'll be your responsibility to take the food out of the packaging itself. This will prevent others from touching the food that you want to eat. To be honest, this promotes greater all-round general health and hygiene even without a global pandemic!

We couldn't get Omega Medical for this event like previous events. The amount of runners and the cost of the event wouldn't make it financially viable. However, we have competent first aiders and a medical tent for runners if they need it, plus massage cover from 4pm on Saturday 30th October until the end. If I didn't think you were safe I wouldn't hold an event. You have to take a certain amount of responsibility for your own health, for instance, making sure you're actually capable of going the distance and fit enough to even be on that start line. If you aren't then please stick to Parkrun.

If you need to retire from the race for whatever reason then please get word to us via a marshal/team member or race director. Please remove your race number promptly. Please don't just get the bus home or grab a lift/walk home without telling us.

Please also respect the environmental code. Littering will get you disqualified. There are loads of bins around the route. We'll be using most of them to tie hazard tape to so you'll have a delineated route-way so they will be visible.

We will have hazard tape marking places that can be of hazard to anyone. *HEADPHONES ARE ALLOWED* but you must be able to hear marshal instructions and runners behind you. Some sections are tight and single-file. These will need negotiation.

Please overtake runners responsibly and please move out of the way for faster runners safely and when safe to do so. Please respect those who are quicker than you and please respect those who are slower than you.

Porthpride

VIRTUAL 5K & 10K

OCTOBER 2021

BYS VYKEN EVENTS
AND CORNISH TRAILS

[BYSVYKENEVENTS.VPWEB.CO.UK](https://bysvykenevents.vpweb.co.uk)



FSM VI

BYS VYKEN EVENTS
AND CORNISH TRAILS



4/12/21

REGISTRATION & CHECK-IN PROCESS

UNITED DOWNS RACEWAY, ST DAY, REDRUTH, TR16 5HU

PARKING ONLY HERE

Ariel photo representative of a motor event day



**KIT BOX
AREA**

**COLD
FOOD &
DRINKS**

**HOT FOOD & DRINKS
FROM 2PM HERE**

**TOILETS OPEN
THROUGHOUT**

REGISTRATION/CHECK IN TIMES CAN BE FOUND AT THE ABOVE 'EVENT SCHEDULE'. PLEASE ADHERE TO THESE TIMES AND EVERYTHING IS FINAL. FOR THOSE RUNNING THE 6 HOUR EVENT, YOU'LL NEED TO BE AWARE THAT THE SITE HAS NO FLOOD LIGHTS IN USE. IT WILL BE PITCH BLACK AND YOU'LL REQUIRE A COMPETANT HEAD TORCH WHEN COMING INTO THE CAR PARK AND HEADING TO RACE HQ.

BEFORE ENTERING YOU'LL NEED TO BE WEARING A FACE COVERING AND WILL NEED TO CLEAN YOUR HANDS USING THE HAND GEL PROVIDED. YOU WON'T NEED TO BE TEMPERATURE SCREENED LIKE AT OUR PREVIOUS EVENTS DURING TIMES OF COVID-19. INSTEAD YOU'LL NEED TO PROVIDE EITHER PROOF OF A NEGATIVE LATERAL FLOW TEST OR PROOF THAT YOU HAVE BEEN DOUBLE VACCINATED. YOU HAVE TO DO THIS TO GO ANYWHERE THESE DAYS AND THIS EVENT IS NO DIFFERENT. IT'S ABOUT KEEPING YOU AS SAFE AS POSSIBLE.

THERE WILL BE NHS QR CODES ON SITE IN A FEW PLACES FOR YOU TO USE.

THERE WILL ONLY BE 3 AT A TIME IN THE BUILDING GRABBING FOOD. THIS IS PURELY BECAUSE SPACE IS NEEDED NOT JUST BECAUSE OF COVID-19.

ONCE INSIDE THE REGISTRATION HUT (WHICH WILL BE MARKED AND DESIGNATED), YOU'LL BE ABLE TO PICK UP YOUR NUMBER TIMING TAG AND A HAND GEL EACH. BUT YOU MUST PROVIDE IDENTIFICATION FIRST AND BE KIT CHECKED. YOU'D BE AMAZED AT THE PEOPLE THAT TRY TO RUN AS SOMEBODY ELSE. ONLY A DRIVING LICENCE OR PASSPORT WILL SUFFICE ALONG WITH PROOF OF TEST OR VACCINATION. ASKING FOR IDENTIFICATION IS FOR YOUR OWN SAFETY. AFTER THIS PROCESS YOU WILL BE KIT CHECKED. YOU ARE ADVISED NOT TO PACK YOUR KIT BAG UNTIL AFTER THE CHECK. BRING ALL OF YOUR ITEMS IN A CARRIER BAG. EVERY SINGLE ITEM WILL BE INSPECTED. AFTER THIS YOU'LL BE CHECKED OFF THE LIST YOU CAN GRAB YOUR NUMBER AND TAG.

YOU MUST PARK IN THE DESIGNATED PARKING AREA ONLY, WHICH IS ALL OF THE SPACE IN BETWEEN THE MAIN GATE AND THE INSIDE GATE. YOU'LL BE ABLE TO SEE WHERE THIS IS. THERE WILL BE NO PARKING ON THE SITE OF THE ACTUAL COURSE AND YOU'LL BE ASKED TO MOVE IF YOU DECIDE TO DO THAT.

REMEMBER, THERE ARE NO FLOOD LIGHTS ON SITE. ARRIVAL ON AND RUNNING IN DARK HOURS LEGITIMATELY MEANS IT'S SERIOUSLY BLOODY DARK!

THERE WILL BE NO PITCHING OF TENTS ON THE COURSE, IN THE CAR PARK OR ANYWHERE ON THE SITE FROM YOURSELVES OR YOUR SPECTATORS. ONLY CREW CAN SLEEP IN TENTS AS THEY ARE WORKING ON SHIFTS. YOU CAN BRING A CAMPER VAN IF YOU ARE RELYING ON YOUR OWN CREW BUT THERE WILL BE NO PARTIES. FESTIVALS ARE FOR GLASTONBURY, NOT RUNNING EVENTS. THIS IS INDUSTRIAL CORNWALL. THERE ARE NO GLAMPING PODS AND PANDERING HERE. YOU NEED TO REMEMBER THAT THERE ARE RULES WHICH ARE PUBLISHED FURTHER IN THE GUIDE.

ALL OF THIS IS SUBJECT TO CHANGE IF THERE ARE ANY UPCOMING RESTRICTIONS.

RACE NUMBERS ARE SMALL SO THERE WILL BE NO NEED FOR WAVE STARTS.

DUE TO THIS BEING THE ONLY TIME THIS EVENT WILL BE HELD, ONLY TRANSFERS ARE POSSIBLE. NO DEFERRALS OR REFUNDS.

TRANSFER REQUESTS MUST BE MADE BY EMAILING US NO LATER THAN 30TH SEPTEMBER 2021 AT 8AM. THAT IS THE FINAL DEADLINE AND NOTHING AFTER THIS POINT WILL BE CHANGED AND THE EVENT WILL BE FINALISED.

THERE ARE NO SHOWERS OR CHANGING FACILITIES. YOU MAY WANT TO BRING A DRYROBE OR ROBIE OR THE LIKE TO PROTECT WHATEVER DIGNITY YOU MAY OR MAY NOT HAVE.

THERE WILL BE HOT WATER AVAILABLE ON SITE AND IF YOU HAVE ANY SPECIFIC FOOD REQUESTS THEN GET THEM TO US BY 30TH SEPTEMBER LATEST.





CorporateLiveWire
SOUTH WEST ENGLAND
PRESTIGE AWARDS

2020/21 WINNER



personaltrainerincornwall.co.uk



RULES

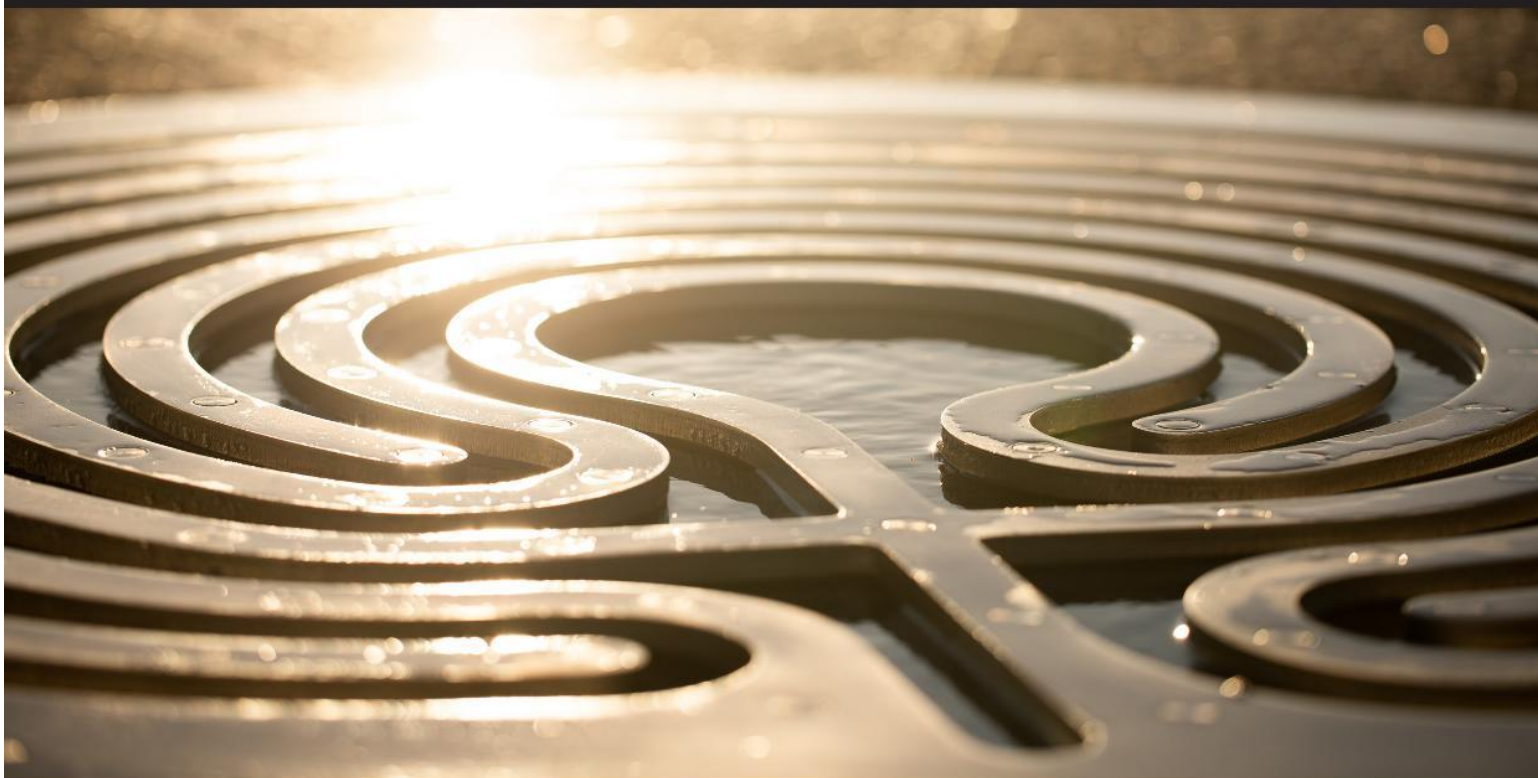
- NO SUPPORT RUNNERS OR WALKERS AT ANYTIME! YOU WILL BE DQ'D. THIS WAS ALLOWED AT PREVIOUS EVENTS BUT I WAS FAR TOO SOFT. NOT THIS TIME.
- EVERYONE ON THE 12 & 24 AT LEAST SHOULD BRING A SPARE KIT BOX/BAG THAT YOU'LL NEED TO WATERPROOF AND LABEL. YOU'LL BE RESPONSIBLE FOR TAKING THIS TO THE DESIGNATED AREA. YOU'LL HAVE ACCESS TO THIS THROUGHOUT THE DURATION OF THE EVENT. THIS IS YOUR RESPONSIBILITY.
- NO SITTING ON ANY OF THE SPECTATOR SEATS ON THE COURSE THAT ARE TAPED OVER. THIS ISN'T BECAUSE THE SEATS ARE BROKEN. THIS IS BECAUSE THE RACE DIRECTOR IS A PRICK.
- THE WINNER IS THE ONE WITH THE MOST LAPS AND NOT THE MOST MILEAGE. THIS IS VERY IMPORTANT TO REMEMBER. YOU MIGHT GO TO THE TOILET 14 TIMES OR FOR A MASSAGE 3 TIMES DURING THE EVENT, ADDING MORE DISTANCE. YOU WILL NOT QUESTION/ARGUE THE AMOUNT OF LAPS THAT YOU'VE DONE. WHAT THE DATA WE HAVE SAYS IS FINAL AND THE WINNERS WILL BE PULLED FROM THAT DATA.
 - THE EVENT IS CHIP TIMED SO PLEASE DO NOT FOLD YOUR NUMBER.
 - NO RUNNING ON THE GRASS IN THE CENTRE OF THE CIRCUIT.
- ALL OF YOUR MANDATORY KIT MUST BE CARRIED THROUGHOUT THE DURATION OF THE EVENT. YOU MUST KEEP THIS ON WHEN YOU'RE RUNNING, WALKING OR CRAWLING ON THE COURSE. AGAIN, RD'S SHITS & GIGGLES.
- IF YOU HAVE CREW THEN THEY MUST COME TO YOU ON THE COURSE TO GIVE YOU WHAT YOU REQUIRE FROM THEM. THEY MUST NOT IMPEDE OTHERS WHILST DOING SO.
- OTHER THAN USING THE TOILET, GETTING MASSAGE OR MEDICAL TREATMENT OR A DNF THEN NOBODY LEAVES THE COURSE FOR ANY REASON. YOU WILL BE DQ'D.
- IF YOU'VE COMPLETED A LAP WITH 1 SINGLE SECOND REMAINING OR MORE THEN YOU WILL HAVE TO GO OUT FOR ANOTHER LAP. FAILURE TO DO THIS WILL RESULT IN A DNF.
 - IF 2 OR MORE PEOPLE ARE OUT ON A FINAL LAP BECAUSE THEY HAD TIME REMAINING, THEN TRYING TO SPRINT IT WILL NOT PUT YOU AHEAD OF ANYONE ELSE ON THE FINAL RESULTS. IT'S ALL ABOUT THE MOST LAPS AND NOT NECESSARILY THE QUICKEST LAPS OR THE MOST MILEAGE. YOUR DEVICE WILL BE DIFFERENT TO SOMEBODY ELSE'S. LAP EVENTS SOMETIMES THROW YOUR WATCH'S GPS OFF.
 - NO LITTERING. PLEASE MAKE USE OF THE BINS PROVIDED.
 - NO DOGS.
 - NO SMOKING.
 - NO PITCHING TENTS UNLESS YOU ARE CREW ONLY.
- YOU CANNOT RUN AS LITTLE LAPS AS YOU FANCY AND LEAVE WITH A MEDAL. YOU HAVE TO STICK IT OUT FOR THE FULL DURATION.
- NO DROP DOWNS. IF YOU CAN'T DO WHAT YOU PAID TO DO THEN IT'S A DNF.



KERDROYA

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COVID PROCEDURES AT OUR EVENTS

IF YOUR TEMPERATURE IS GREATER THAN 37.8 DEGREES CELCIUS THEN DO NOT COME. YOU ARE STRONGLY ADVISED TO MAKE SURE THAT YOU ARE WELL BEFORE YOU SHOW UP ON RACE DAY. IF YOU HAVE BEEN IN CONTACT WITH SOMEONE SHOWING CORONAVIRUS SYMPTOMS, ARE PROJECTING CORONAVIRUS SYMPTOMS YOURSELF, OR BEEN ABROAD AND NOT SELF ISOLATED FOR THE NECESSARY AMOUNT OF TIME THAT'S CURRENT AT THE TIME OF THE EVENT (AS PER WHATEVER COUNTRY YOU'VE VISITED), YOUR NEXT OF KIN WILL BE PHONED TO COLLECT YOU AND YOU WILL HAVE TO LEAVE PROMPTLY.

ALL AID STATION FOOD WILL BE IN PACKAGING AND YOU WILL BE RESPONSIBLE FOR OPENING PACKAGING AND HELPING YOURSELF TO WATER. THERE WILL BE PLENTY OF FOOD THOUGH. AND OUR MARSHALS WILL STILL GIVE YOU THE ENCOURAGEMENT THAT'S WELL KNOWN AT OUR EVENTS. THERE WILL BE SPRAY ON THE TABLE THAT WILL BE USED AS CLEANING AGENTS. PLEASE BE SENSIBLE WITH THEM IF YOU NEED TO USE THEM.

EACH ONE OF YOU WILL BE GIVEN AN ALCOHOL HAND GEL (70%) AT REGISTRATION PRIOR TO THE START. YOU'LL NEED TO USE THIS EACH TIME YOU VISIT THE AID STATIONS OR USE THE HAND GEL PROVIDED ON THE TABLES. YOU'LL NEED TO HAVE YOUR FACE COVERED WHEN APPROACHING ALL MARSHALS IF YOU'RE STOPPING, IE AT AID STATIONS AND REGISTRATION.

ALL SPITTERS/GOBBERS/SNOTTERS WILL BE DISQUALIFIED.

PLEASE GIVE RUNNERS ADEQUATE SPACE WHEN PASSING EACH OTHER.

PLEASE MAKE SURE YOU ARE FAR ENOUGH APART TO HOW YOU FEEL COMFORTABLE ON THE START LINE. REMEMBER THOUGH THAT IT'S GOING TO BE DIFFICULT TO MAINTAIN SOCIAL DISTANCING THROUGHOUT AN EVENT OF THIS NATURE.

OUR CREW WILL BE GIVEN FULL PPE WHICH WILL BE PROVIDED BY US. THEY WILL ONLY WEAR THIS IF THEY FEEL LIKE IT'S COMFORTABLE AND NECESSARY FOR THEM TO DO SO.

PLEASE STICK TO ONLY DRIVING THOSE FROM THE SAME HOUSEHOLD TO THE EVENT. PLEASE DON'T ADVERTISE CAR/TAXI SPACE FOR THOSE YOU DON'T KNOW THROUGH SOCIAL MEDIA AND ESPECIALLY THROUGH THE BYS VYKEN EVENTS SOCIAL MEDIA PAGES. YOUR CAR SHARING POSTS WILL BE REMOVED.

YOU ARE STRONGLY ADVISED TO STAY LOCAL OR GET A LIFT TO WHEREVER YOUR HOME IS POST-EVENT. YOU'RE ADVISED TO NOT DRIVE AFTER THE RACE!

FACE COVERINGS ARE MANDATORY AT THE CHECK-INS, FOOD STATIONS AND WHEN GOING TO THE TOILETS ONSITE. IF YOU'RE NOT WEARING ONE, YOU WILL BE ASKED TO COMPLY. IF YOU DON'T HAVE ONE THEN YOU CAN BUY A REUSABLE ONE FROM US OR USE A DISPOSABLE, AS WE WILL HAVE MANY AVAILABLE. JUST CONTACT US IF YOU NEED/WANT A 'BYS VYKEN' ONE. THERE WILL BE SNOODS AVAILABLE TO PURCHASE ON THE DAY ALSO.

FACE COVERINGS WILL NOT BE MANDATORY TO RUN IN BUT YOU WILL HAVE TO WEAR THEM AS THE RACE STARTS. YOU CAN TAKE THEM OFF AS SOON AS YOU GET GOING. THE MAIN TOILET ONSITE WILL BE AVAILABLE TO USE THROUGHOUT BUT THERE WILL BE CLEANING PRODUCTS YOU MUST USE TO CLEAN THEM. PLEASE WEAR YOUR FACE COVERINGS WHEN CLEANING WHAT YOU NEED TO CLEAN.

THE ROUTE



WAY BACK

(ANTI-CLOCKWISE)



WAY OUT

(CLOCKWISE)



LAP/START/FINISH LINE

(AT A DIFFERENT LOCATION TO THE START/FINISH OF THE MOTOR RACING DUE TO EASE OF LOGISTICS)

100K (62.1 miles) = 124 laps (BOTH LOOPS FOR 1 LAP)

100M = 200 laps (BOTH LOOPS FOR 1 LAP)

Cowbells will be rung as you are on your 100K and 100M laps





We are “Whythra Pathfinders”, offering specialist running tours in spectacular locations around Cornwall.

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EXAMPLES OF RACE NUMBERS

PICK UP FROM REGISTRATION

**PLEASE KEEP ON THE FRONT AT ALL TIMES AND
PLEASE DO NOT FOLD. PLEASE REMOVE IF YOU
DROP OUT**



MANDATORY KIT



EVERYTHING MUST BE CARRIED FOR THE ENTIRE DURATION OF THE EVENT AS PER THE RULES UNLESS STATED BELOW. THE KIT APPLIES TO EVERY TIMED CHALLENGE. YOU WILL BE FAILED IF YOU MISS JUST 1 ITEM. THERE ARE NO COMFORT ZONES AT BYS VYKEN EVENTS.

- TAPED SEAMS JACKET (MINIMUM 10,000 HH)
- TAPED SEAMS TROUSERS (CAN BE PLACED IN KITBOX IN DESIGNATED AREA)
- HEADTORCH (MINIMUM 200 LUMENS BUT YOU MAY WANT TO THINK BRIGHTER AS IT'S PITCH BLACK IN THE DARK HOURS AS THERE ARE NO FLOOD LIGHTS)
 - SPARE HEADTORCH/BACK UP TORCH
 - SPARE BATTERIES FOR HEADTORCH
- BACK LIGHT (RED LED FLASH OR PETZL E-LITE OR SIMILAR)
- HAT/CAP/BUFF/ITEM OF MULTIFUNCTIONAL HEADWEAR.
- FULLY CHARGED MOBILE DEVICE (HAVING AN I.C.E CONTACT IN THE PHONE IS ADVISORY)
 - WHISTLE
- SPEED CUP. THINK ABOUT A SOLID CUP FOR TEA/COFFEE.
- GLOVES (CAN BE PLACED IN KITBOX IN DESIGNATED AREA)
- NUTRITION (MORE CAN BE PLACED IN KITBOX IN DESIGNATED AREA)
 - BIVVY BAG (NO FOIL BLANKET ACCEPTED)
 - MINI FIRST AID KIT INCLUDING BLISTER PLASTERS
 - HYDRATION PACK TO CARRY ALL THE KIT
 - 1 LITRE MINIMUM FLUID AT TIME OF KIT CHECK
 - ANTI-CHAFE CREAM OR THE LIKE
- EMERGENCY MONEY IN CASE YOU NEED TO GET YOURSELF HOME VIA PUBLIC TRANSPORT.
- YOUR OWN TISSUES IN CASE OF COMPLAINING HOW TOUGH IT IS (ADVISORY)

IT'S ADVISORY TO THINK ABOUT THOSE SPARE ITEMS IN YOUR KITBOX IF YOU'RE LEAVING ONE. EXTRA SHOES, SOCKS, HATS, FOOD ETC.

PLEASE REMEMBER TO THINK ABOUT YOUR OWN NUTRITION IF YOUR DIET IS SPECIALIST. WE WILL DO OUR BEST TO SORT WHAT WE CAN FOR YOU ON RACE DAY BUT NEVER RACE WITH SOMETHING THAT YOU'D NEVER RACE WITH. ALL KIT CAN BE PURCHASED AT RUN VENTURE RUNNING HUB.

THIS IS A CUPLESS EVENT...

THERE WILL BE ZERO CUPS ON THE COURSE AND YOU ARE RESPONSIBLE FOR BRINGING YOUR OWN





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Karen Spooner

Sports and Remedial Massage